

Understanding Vision to Avoid Costly Falls

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What is Good Vision?

- ◉ 20/20?
- ◉ 20/15?
- ◉ Large field of vision?
- ◉ “*Vision is the deriving of meaning and direction of action as triggered by light*”

◉ Paul Harris OD- Kraskin & Skeffington Institute, Baltimore Academy for Behavioral Optometry

Vision Facts

- NHI Interview: 20.6 mil American Adults age 18 and older reported vision loss.
- 5.3 mil age 65 and older reported significant vision loss.
- Only 1% born without sight.
- Estimated 61 mil adults are at high risk for vision loss yet only half had an exam in the past 12 months.

Vision Facts Cont'

- ◉ Survey through Lighthouse International reported vision was the most feared sense to lose at 82%.
- ◉ 86% have and/or a family member have an eye disease and do not get annual eye exams.
- ◉ Va 20/40 or worse had nearly 3-fold increase in fear of falling.
- ◉ 80% of vision loss is preventable!

Top Causes of Vision Loss Age 65 and Older

- ◉ Refractive/Glasses
- ◉ Cataracts
- ◉ Glaucoma
- ◉ Age-Related Macular Degeneration
- ◉ Diabetes

Refractive/Glasses

- ◉ Myopia (Nearsighted)
- ◉ Hyperopia (Farsighted)
- ◉ Astigmatism
- ◉ Presbyopia
- ◉ Single Vision vs Bifocals: (Line vs Progressive)
- ◉ Walking in Reading glasses

Cataracts

- ◉ Types
- ◉ Symptoms
- ◉ Leading cause of blindness in developing nations
- ◉ Early Surgery reduces rate of falls by 34%

Glaucoma

- ◉ “Silent Disease”
- ◉ Greater incidence over 40 yoa
- ◉ Peripheral field loss
- ◉ Treatment options

Age-Related Macular Degeneration

- Leading cause of vision loss in older adults (13 mil Americans)
- Dry vs Wet
- Amsler Grid
- Treatment

Diabetes

- ◉ Affects the whole body
- ◉ No early warning signs for retinopathy
- ◉ Visual Symptoms
- ◉ 2013 study in Journal of Aging Research concluded that those elderly individuals with diabetes that fall tend to have more serious injuries and prolonged healing.

Other Cardiovascular/Ischemic Causes of Vision Loss

- Strokes
- Traumatic Brain injuries
- Optic Neuropathies: (Sleep Apnea)

Low Vision Rehabilitation

- Low vision referrals
- Low vision aids
- OT programs for independent living.

Conclusion

- Get Annual Dilated exams and Don't wait for your annual if something has changed.
- Lets work on preventing severe vision loss instead of dealing with it!
- Thank You!

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